



The Youth Center Re-Roof Project

By David Iyall

We are doing a little work on the Youth Center this fall. Starting October 16th the Youth Center began construction on a new roof.

The Youth Center has had problems with a leaky roof since it opened back in 2010. The source of the problem has been the center, barrel shaped part of the roof. The fix for this problem will be to replace this portion of the roof.

Womer and Associates originally designed this building and will be working with Lupo Construction, the same firm that put the roof our new Tribal Center. They have experience with odd shaped metal roofs, and can remedy this problem. The fix will include tearing off all of the old materials, fixing any problems to the sub-structure and re-applying new insulation and new metal roof panels. This will give us a nice dry Youth Center.

The duration of the construction should last about 60 days. The construction will not interfere with the day-to-day operations of the Youth Center. The youth center will remain open under normal hours during this time.



Office Closures

November 11th
November 28th & 29th



Holiday Bazaar

December 6th
9:00am-4:00pm at
the Youth Center

In this Issue:

| | |
|---------------------------|--------|
| Education..... | pg. 2 |
| Roundabouts | pg. 3 |
| Marine Services..... | pg. 4 |
| Mashel Vision Plan... | pg. 5 |
| Fleet Services Rolling .. | pg. 6 |
| Workforce..... | pg. 7 |
| Harvest Party..... | pg. 8 |
| PAL Update..... | pg. 9 |
| Library Events..... | pg. 10 |
| Preparing for Winter ... | pg. 11 |
| Family Cholesterol..... | pg. 12 |
| Holiday Bazaar | pg. 13 |
| Elder's Beat | pg. 14 |

You Are Invited!



To the Opening Celebration
Of the Cayamuca Playground



Friday October 25 at 4:00pm



New Young Child Play Area
(for ages 2-5)



Nisqually Parks and Recreation Commission

Nisqually Youth Education Department

By Ken Tuckfield

The GED is rapidly changing. After January 1st the tests will change and those who haven't finished the current GED will have to start over.

Nisqually Education offers the GED tests to all Nisqually tribal members for free this year. Any non-Nisqually tribal members can pay to take tests at the Nisqually Education Building.

Everyone please come into the Nisqually Education Building to get practice tests and prepare for any GED test that are needed!

If you have any questions please contact Ken Tuckfield at tuckfield.ken@nisqually-nsn.edu or at 360-456-5221. ext 1161.

Current testing dates and times include:

Wednesday October 16th

Thursday October 24th

Thursday November 7th

Thursday November 21st

from 11:00am-2:00pm

December dates to be announced



How to Contact Us

Tribal Center 360.456.5221

Health Clinic 360.459.5312

Law Enforcement 360.459.9603

Youth Center 360.455.5213

Natural Resources 360.438.8687

Nisqually News

4820 She-Nah-Num Dr. SE
Olympia, WA 98513

Leslee Youckton 360.456.5221

Email at
youckton.leslee@nisqually-nsn.gov

The deadline for the newsletter is
second Monday of every month.

Nisqually Tribal Council

Chair, Cynthia Iyall

Vice Chair, William Frank III

Secretary, Jean Sanders

Treasurer, Stephanie Scott

5th Council, James Slape Jr.

6th Council, Antonette Squally

7th Council, Farron McCloud

Nisqually Transit service begins soon-stay tuned!



Roundabouts Become Real

By Jim Longley, Nisqually Transportation Planner

As we go to press (October 14) the pair of roundabouts at the intersections of SR-510 and Yelm Highway and Reservation Road are becoming more and more real for the Nisqually community.

A bypass at Yelm Highway was opened around October 1st, allowing construction crews to work on installing infrastructure and to reconfigure and pave the main Yelm Highway intersection, south of SR-510. Late in the 2nd week of October, crews were able to open a short bypass around work on Reservation Road for the same purpose.

The original deadline for work this year, October 1, has been extended to ensure major reconstruction and paving could be completed, essentially making the roundabouts fully usable before the cool and wet weather sets in. As everybody who lives here knows, the weather has been a bit of everything from late September to mid-October -- warm, sunny and dry, followed by record-breaking rains, followed by more sun.

To my knowledge, there has been only one instance of severe slowdowns through the construction area this summer and fall. This occurred unfortunately on the same day as the Nisqually Staff Clean-Up Day, September 26, and 40-60-minute delays prevented some staff from getting to the Youth Center for a lunch thrown by Nisqually administration. I think the construction planners and workers are to be commended for the minimal disruption of traffic through the area.

The roundabouts should be functionally complete within the next 2-3 weeks allowing full usage through the sloppy winter months. The only chore that will need to be completed next year: final paving (or 'lift') of the driving surfaces.

Thanks to all concerned for reducing congestion and improving safety for the entire Nisqually community.



Marine Services Gets Contract to Clean Up Puget Sound!

By Dennis Lucia

The Nisqually Tribe/Marine Services Division of Nisqually Natural Resources won a competitive bid to clean up Puget Sound. There were three other commercial diving/marine companies bidding on the project and NIT was the low bidder at approximately \$97,000.

The project title is Jefferson Head Piling Stub and Marine Debris Removal Project. This project is located in Kitsap County near Kingston. There are numerous piling stubs and other debris in the area that continue to snag fishing nets. Nisqually Marine Services is experienced in removing derelict fishing nets and marine debris and will mobilize a commercial dive team and equipment from Nisqually Marine Station located in West Bay near Olympia for the project which is expected to take two-weeks to complete.

The commercial dive team is made up of mostly trained tribal members. Keoni Kalama a Nisqually tribal member who recently graduated from Divers Institute of Technology in Seattle, WA will put his new skills to work along with Rich Iyall, Lewis Squally, and other tribal commercial divers. They will be trained in underwater hydraulic tools, specifically chain saws to cut off the pilings. Underwater jetting will be used similar to what is used to harvest geoducks to jet out the base of the piling so it can be cut off below the mud line. Once cut off the pilings will be lifted to the deck of the 70' x 20' crane barge where full containment of the hazardous materials (creosote) will insure no further contamination of the surrounding waters.

Nisqually's 70' Survey/Dive vessel "Hickson" will provide an all weather platform for safely staging and deploying the divers. This highly specialized vessel has a remote controlled 8,000-pounds deck cranes and winch, custom dive platform and ladder, breathing air compressor and surface-supplied commercial dive station including superlite dive helmets to protect the divers from overhead hazards and contamination. The Hickson can support a team of eight divers, tenders, and crew for extended operations. The Nisqually 28' shallow draft oil spill skimmer will be on scene to deploy a full oil spill containment boom around the dive site in the event any oils, fuel or other



contaminates are accidentally discharged into Puget Sound during removal operations. The skimmer has specialized equipment to extract petroleum products from the surface and store up to 1,000 gallons for later disposal at an approve site. Personnel are trained in oil spill response in the unlikely event this occurs.

Some of the pilings are located in deeper water and will require a recompression chamber be on site for personnel safety. Nisqually tribe will sub-contract with Cascade Dive Company to team up with Nisqually Indian Tribe to provide the chamber, support equipment and training and supervision. Nisqually Indian Tribe has contracted in the past with this company on hydroelectric projects on the Columbia river system for the US Army Corp of Engineers. Nisqually Indian Tribe personnel will receive valuable on-the-job training an experience in chamber operations during the project.

Washington State Department of Natural Resources has a list of marine debris that has been located by electronic side-scan sonar that needs to be removed. These project will extend for years as funding becomes available and the, Tribe's Marine Services Division will be a proven provider of commercial diving and marine operations services to do this work.

Mashel Area Vision Plan

By Lisa Breckenridge

Tribal Council approved the Mashel Area Vision Plan on October 15 by a 4-0 vote. The Plan is the result of years of work by the Nisqually Parks and Recreation Commission to define the Tribe's vision for the greater Mashel River area and specifically for Nisqually State Park. The goals and recommendations in the plan have grown out of discussions with tribal elders, the Tribal Historic Preservation Office, and the Tribe's Natural Resource Program.

Jack McCloud, Chairman of the Nisqually Parks and Recreation Commission, commented on the importance of the Mashel area. "The river served a lot more than just the fish, the elk, the deer, the trees and the huckleberries. It fed a lot more than just the human beings. We're all connected. Respect that connection, take it to your families, your loved ones. We need to know why our people chose this place to live for thousands of generations. You find that by going to the mountains and to the river."

The overall Tribal vision for the Mashel Planning Area is: "The Mashel, the Ohop and the Nisqually are preserved forever as the life-giving waters of our homeland. Our sacred sites are protected, and we visit the Mashel landscape frequently for gathering, hunting, praying, healing, and enjoying the peace and beauty of the area. Nisqually tribal members earn a living taking care of the land and protecting it. We tell the true

story of our history to our young people and to the outside world."

The plan establishes six goals and guiding principles for re-establishing Tribal stewardship in the Mashel landscape. These goals are:

- Protect and restore natural resources
- Protect cultural resources
- Re-establish Tribal use of the land as a healing place
- Exercise Tribal treaty rights
- Expand Tribal stewardship
- Tell our story

Priority actions to implement the plan include:

- Develop co-management agreement with Washington State Parks for Nisqually State Park
- Plan interpretive signage and kiosks for Nisqually State Park
- Offer regular tribal member tours for healing and gathering
- Develop youth employment program
- Maintain tribal cemetery on Mashel Prairie
- Continue cultural resource investigations

The plan also outlines specific management recommendations for the Mashel River, Ohop Creek, Mashel Prairie, and upland areas within the Nisqually State Park. Tribal members can get a copy of the plan from the Nisqually Parks Commission at 456-5221 x 2118.



Tips for Preventing Truancy

By Karlita Quintana

Preventing Truancy Student safety and academic progress are important to the family, educators, the tribe and our community. Here are some tips to prevent absences:

Communicate with your child frequently

- Talk to your child about expectations regarding school attendance and why it's important.
- Discuss the goal of earning good grades and the importance of a high school diploma.
- Praise positive behaviors and achievements in school.
- Look for attitudes that indicate unhappiness with school or fear of attending school. Listen to what they say and ask questions.

Communicate with your child's school frequently

- Ask the school about their policy and procedures on excusing absences from school.
- Respond quickly when the school notifies you of an unexcused absence.
- Learn how you can check your child's attendance and academic progress.

If you have questions or concerns you'd like to discuss regarding your child's attendance or academic success, please feel free to contact:

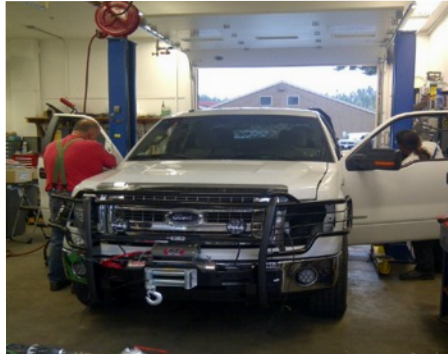
Karlita Quintana, Juvenile Probation/Truancy Officer
360.456.5221 extension 1150.

Nisqually Fleet Service Is Rolling Along!

By J. Tony Berkson

The Nisqually Indian Tribe has a Fleet Service Program in place to service and maintain all of the government vehicles, equipment and marine inventory.

The Nisqually Public Works /Fleet Services Division started in March of 2010 to provide cost savings and employment opportunities for tribal members. Mike Sandy is the Lead Mechanic for diesel and auxiliary equipment. Tribal members Jim Olsen and Daniel Derickson are skilled mechanics and technicians providing a high level of service.



The most recent example of costs savings is the 2011 Expedition that was outfitted for the Nisqually Police Department. Based on current shop rates at the

Setina Manufacturing Co. (used by the WSP and Thurston Co. Sheriffs) the Fleet Service program saved the Tribe \$5,000. Fleet technicians installed all emergency response lighting, including light bar and siren, a full partition cage, a push bumper, police radio and programming, and a center console that is equivalent to what the Washington State Patrol has installed in their vehicles.

We now have a staff of four including Billy Henry who in addition to his Public Works duties has been instrumental in the early success of the Fleet Service Division.

The Tribe is now able to maintain all Tribal owned equipment cost effectively. For example a set of tires at Les Schwab that would normally run around \$1,000 dollars now cost's the department around \$700. The tires are purchased direct, with no tax, no mounting / balancing charges and reduced vehicle out of service time.

....And it's not just cars and trucks!

It's backhoes, generators, boats, ice machines, mowers, street sweeper, power equipments, etc. In 2012 the Fleet Services Program saved the Nisqually Tribe approximately \$90,000 when all factors are included. Preferred pricing on parts, reduced shop labor rates, elimination of lost man hours (no longer taking vehicles into town to repair), all contributed to an effective program that provides a valuable service Tribal Government.

Getting to know the Youth Center Staff

Elizabeth John VanTiam Hello Friends, family, and tribal members. My name is Elizabeth John VanTiam. I am the wife of Steven VanTiem (Nisqually Valley) going on 10 years and the mother of Chee-Pah-Nah John (son), Lizbeth Sky (daughter) & Esme Moon (daughter).



I live and work here on the reservation. I am a youth coordinator for the Nisqually Youth & Community Center, which is the best job I've ever had. This NYCC is a safe and healthy place to be. Our community and tribal children love this place, as

do I. I am also a fisherman. I drift our Nisqually River with my husband Steven. The fishing community here is very close and I consider many of these families my own. We take care of each other and help one another when needed. It is these times when I am the proudest to be Nisqually. We are strong and I can see that when fishing on our river. Thank You, Elizabeth Antigen

Dean Wells Hello, my name is Dean Wells, I'm a Nisqually Tribal member and I have lived in the community all 28 years of my life. My mother is Phyllis James and my late grandmother is Catherine James (Wells) both Nisqually tribal members. My wife Theresa is a Makah tribal member and a fourth generation weaver. We have been married four years this February and we have four children.

I have worked as part of the maintenance crew at the Nisqually Youth and Community Center since February 2010. Although I've also harvested geoduck since 2003, which is something I've enjoyed doing. At the YCC, I'm responsible for maintenance and upkeep of the facility and grounds. I really enjoy working at the youth center and with all of the events. It keeps very busy. It is fun to be a part of it all.

Nisqually Public Works

Did you know? Some facts about WATER....

- Nearly 97% of the world's water is salty or otherwise undrinkable.
- Another 2% is available in ice caps and glaciers.
- Just 1% for human use (agricultural, residential, manufacturing, community)
- A person can live for about a month without food, but only about a week without water.
- Americans drink more than one billion glasses of tap water per day.
- On average, a person uses about 100 gallons of water a day but only drinks about a half-gallon.
- The BATHROOM is the room in the house where most water is used;
- Running the water while brushing your teeth wastes up to four gallons a minute.
- 1.5 to 7 gallons of water is used to flush a toilet.
- A five minute shower takes 10 to 25 gallons of water.

Other Water Facts....

- Did you know it takes an average of 2,900 gallons of water to produce one pair of jeans and 1,857 gallons of water to produce one pound of beef?

These facts are some of the main reasons your Nisqually Public Works Department works so hard to protect and conserve the water we deliver to your homes and Nisqually businesses and that it is safe and healthy.

Conservation of water as a valuable and limited resource is very important for everyone. The Nisqually Public Works and Housing Departments are available to provide community members with helpful advice and recommendations on how to save water.

Workforce Development Program (On the Job Training) is looking for Nisqually Tribal Members who are interested in becoming a Shellfish Farmer.

Shellfish Farm Technician Trainee is an entry-level position on the Nisqually Shellfish Farm. This position requires the applicant to work in all aspects of the Shellfish Farm from learning how to plant, and maintain seed, assemble growing systems to beach, boat, and do farm maintenance. You will also learn how to harvest crops and prepare them for market. You must work during all necessary tidal events, including evening tides in the Fall and Winter months.

MINIMUM QUALIFICATION

- High school diploma or GED equivalent
- Must be 18 years of age
- Must have valid Washington State divers license (or ability to obtain one prior to employment)
- Must be able to lift 50lbs.
- Must be able to work during irregular hours including weekends, holidays and evenings when necessary
- Be able to work in muddy, and adverse environmental conditions

I would like to invite all Nisqually Tribal Members to join us on the Shellfish Farm. There's nothing like watching the sun rise when you are working the ground during those early morning tides. The feel of mud on your skin and the smell of a clean estuary are

so rewarding. Watching the crops that you've tended to for years come to their peak flavor and shape is so rewarding. You'll be involved in every step of the

farms progress. Please join us as the farm develops into a proud achievement of the Nisqually Tribe.

Let's get you in here today to complete your application packet and on your way to a new beginning as a Shellfish Farmer.

You may contact Sue Shotwell, Shellfish Farm Manager if you have further questions about opportunities on the Shellfish Farm @ (360)456-5221 ext: 2156 or email her at shotwell.sue@nisqually-nsn.gov

We here in the HR Department look forward to meeting with you. If you have any questions please feel free to call Jackie Whittington, HR Generalist at (360) 486-9558



Community Garden Harvest Party!



Thursday evening, the 15th of October, the Community Garden hosted the annual Harvest Party at the Cultural Center. From the Feasting Hall entrance you could see the moon coming up over the top of the Sacred Mountain. From the back, you could see the red glow of the Sun set reflecting off the Nisqually River and tidal waters from high tide. It was a gloriously beautiful evening. This was a perfect time for the end of the season Harvest Party. In this sacred twilight time when the Creator is looking upon the physical world, the cooks were just finishing up several hours of hard work cooking the salmon and the shell fish to perfection. In short time tribal and community members, friends, volunteers, guests arrived and after a short meet and greet period and time for the youth to 'press' apples into fresh squeezed juice, Grace Byrd opened the floor with a welcome and thanks for everyone who could be there. She thanked the Creator and said a blessing and the feasting began with the elders. The food met the highest of standards as appropriate when natives gather to celebrate and focused on the traditional dietary practices of the Tribe for many thousands of years, complimented with many desserts and organic side dishes. A special thank you is in order for all the many tribal officials and the hunters and fishermen and helpers who made the special foods available.



A major goal of the Garden Project is food sovereignty which means that Indian Tribes should take control their dietary practices as they did when healthy for many thousands of years. It is up to the Tribes to make 'change' in life style so members can again attain high level of health and wellbeing. The Community garden project is an experiment to find out if we can make the native people healthier by going back to the native foods and learning to eat more organic and natural foods.



Another goal is the healing to the spirit and soul when working with mother earth to take care the animals and plants. Natives had a teaching that if we take care of Mother Earth then Mother Earth will take care of us humans. This years Harvest Party brought many NEW tribal members out to the celebration to share in a grand feast and give away. The elders and children were treated with TLC and everyone supporting the garden came together to encourage the staff to stay with it.



One significant milestone attained at the Harvest Dinner relatively new for the Tribe was an arrangement for a recycling effort. Containers were borrowed from a local company by the garden staff and 90 percent of all refuse and garbage was sorted and recycled. Thank you so much to Carlin and Caitlin and garden staff for taking that extra time and energy to make the arrangements and to follow through even when they were totally tired from working hard, putting the event itself on. Ideally, this recycling effort will be the norm.

Nisqually Police Athletic League 3rd Annual Show Down N The South Sound Boxing Event

By Greg Harrison

The Nisqually Police Athletic League helped sponsor the 3rd Annual Show Down N The South Sound boxing event in collaboration with Thurston County PAL on October 11th, 12th and 13th at the Nisqually Youth Center.



Unlike the two-day boxing events from the past, this event hosted clubs from around the Northwest, Hawaii, British Columbia, Montana, Idaho and Oregon. Over 80 amateur fighters competed in the tournament that provided many at-risk youth the opportunity in realizing their dream of boxing in an official USA boxing tournament with the possibility of obtaining a championship belt or trophy. The event provided youth with camaraderie, elite competition and sportsmanship at every level.

The event commenced on Friday night with exhibition challenger bouts providing inexperienced fighters the opportunity gain experience in the ring. Several contestants were national level fighters competing to sharpen their skills. Boxing is a sport that requires dedication, commitment and hard work. To compete in an event a boxer must demonstrate knowledge of the sport, competent boxing techniques, defense, stamina, strength and agility. Boxing requires an

individual to be physically and mentally prepared prior to entering the ring. It is a sport that demands respect, conditioning and maturity. Many native communities have enjoyed the boxing and, indeed, have produced several championship fights, such as, Blackfeet Boxing Champion, Joe Hipp.

Nisqually has several youth interested in boxing and who have trained with Mr. Hipp.

Thurston County PAL's relationship with Nisqually PAL and the Tribe is an important partnership in helping at-risk youth continue pursuing healthy, positive and enjoyable activities that enhance their sense of wellbeing and build self-confidence. Thurston County PAL has been serving the greater Olympia area and JBLM for many years and is currently offering boxing to Nisqually tribal members and families. Nisqually PAL views this relationship as an important element in helping build a more effective boxing program and attracting youth from the community. By supporting this event the Tribe has demonstrated its commitment in helping support youth programs, PAL's mission, the broader community and the JBLM community. To participate in the boxing program contact the Youth Services Department at 360-455-5213.

Nisqually Police Athletic League Update

By Greg Harrison

On September 25th the Nisqually PAL (NPAL) Inter-Tribal League commenced its middle and high school youth basketball league. The league is comprised of native youth from Nisqually, Puyallup, Skokomish, Squaxin Island and Suquamish tribal communities. Games are played on Wednesday nights and will end on November 6th.

The Inter-Tribal League is one of several programs provided by NPAL in collaboration with Youth Services. This program has been in existence since 2010 and has consistently served over 300 native youth throughout the South Puget Sound region. The league is comprised of three basketball seasons running ten weeks each. The Winter session will begin in early January and run through February and the Spring session will begin in early March and end in late April. For more information contact Bill Kallappa at 360-455-5213.



Flag Football The league concurrently runs a flag football program for elementary and middle school youth which started on October 20th. The league will run through the middle of December and is open to Nisqually family members. Flag football is an easy and enjoyable sport that does not require much experience and is a healthy physical activity for youth. The league has two divisions, for elementary (3rd through 5th grade) and middle school (6th through 8th grade) youth. Games are held every Saturday at Wah He Lut Indian School beginning at noon. There are not fees to join. Contact Greg Harrison or Sgt. Angel Soto for details. The Inter-Tribal League has been successful in enhancing the lives of native youth by increasing their athletic skills, social connectivity and self-esteem. Over the past several years many Native youth have improved their athletic skills enough to participate in school sports.

Come Spend Your Tuesday Evenings With Us

With Fall comes cooler temperatures, longer nights, and Tuesday evening events in the Library. Already we have hosted a wonderful visit from Chenoa and Keith Egawa, authors and illustrators of children's book, *Tani's Search for the Heart*, and we've hosted our first Movie Tuesday. Events scheduled for November's Tuesday's are:

Ryan Dreveskracht, a Seattle attorney with Galanda/Broadman, a law firm that specializes in Indian country law. He will speak on Indian voting rights on the evening of November 5th at 5:30pm.

On November 19th, from 5:30pm-7:00pm it'll be Movie Tuesday again, with a showing of two films, *Cry Rock* and *Frybread Babes*. The film *Cry Rock* examines how Nuxalk stories are more than mere words. Less than fifteen Nuxalk language speakers and storytellers remain in Bella Coola, British Columbia. One of these elders is the director Banchi Hanuse's 80-year-old grandmother. In a technologically obsessed century, it would seem easier to record Nuxalk stories for future generations, but Hanuse resists. Instead, she asks whether an electronic recording can capture the true meaning and value of these oral traditions. More im-

portantly, can it be considered cultural knowledge? With the passing of an elder, an invaluable link to a treasure of knowledge and experience reflecting the Nuxalk world view is lost. As Hanuse struggles with the decision, a spine tingling story about the Cry Rock in the bend of the Atnarko River, nestled in the Bella Coola Valley, is retold by Clyde Tallio, a young Nuxalk man.

The film *Frybread Babes* asks where, in 21st Century American mass media, are the Native American women? The images that exist are stereotypical, so how does the lack of images in the mass media affect Native American women? It look at how growing up without seeing other Native American women who look like your mother and aunties affects your body image and sense of self. The filmmaker explores body image and identity in this powerful and intimate documentary. These programs are aimed toward adults and young adults.

Snacks will be served. Any questions? Call Faith at 360-456-5221, ext 1125 - SEE YOU THERE!!!

Calling All Overdue Library Books!

Please look around your house: in the car, under the bed or sofa, on your own bookshelves, and see if you have any Nisqually Tribal Library books that were due before October 2013. Bring them back or renew them. No fines, no question, no problem! AND THANKS!



Microsoft's Information Technology Academy: Coming to Nisqually in December

Information Technology Academy is a broad suite of online courses on computer technology, from the very basics all the way up to those that can lead to Information Technology certifications. These courses will be available through the Nisqually Tribal Library and Bookmobile, as well as other Tribal programs - just ask us where (456-5221- ext.# 1125). These courses are free and self-paced, so you can schedule your learning time as best suits you. Library staff will also be using these curricula to teach computer skills as well. Microsoft Information Technology Academy at Nisqually is a full curriculum for teaching technology courses and learning tools that help students achieve success. It enables us to offer training not only on fun-

damental technology skills but also technical courses for students and staff and members of our public who are interested in pursuing a career in IT . Nisqually students will receive digital curriculum and certifications on fundamental technology skills, courses critical to be successful in today's technologically evolving world.



If you have any questions please call Faith (ext.1125) or Kurtis (ext.1162) in the Library or Jason (ext.2104) in Community Services.

All Committee Day

When: November 7th, 2013

Where: Lacey Community Center

6729 Pacific Ave SE Olympia, WA 98503

Time: 9:00am – Noon

- Please send 1-2 members of your Committee/Board/Commission with 1-2 goals you are working on for the upcoming year
- This is a potluck event, please bring a dish, Tribal Council will provide the drinks and silverware

Any questions please contact
Rose Henry or Julie Palm
at 360-456-5221 ☺

Preparing For Winter

It's that time of year to start planning and preparing for winter!



The Housing and Health Committees along with the Emergency Preparedness Department have put together an emergency bag that will be handed out to our Tribal Elders, Tribal and Community Members.

The emergency bag will consist of a fire extinguisher, first aid kit, carbon monoxide alarm, and flashlights along with personal hygiene items.

The bags will be distributed very soon!

Thank you to everyone who helped put these together for our community!

Julie Palm – Nisqually Tribe, Committee Coordinator

Let's Get Crafty with the Bookmobile!

Saturdays from 11-6 at the Youth Center

In celebration of the coming fall and winter holidays, the Bookmobile will be offering special "craft sessions" during their usual program time.

From 1:30pm – 3:30pm, there will be activities, supplies, and space provided for the following activities:

November

2nd Making Art with Leaves
9th Festive Window Suncatchers
16th Turkey Table Centerpieces
23rd Tree of Thanks Wall Hangings
30th Fun, Fall Frames



December

7th Hand-Painting and Ornament Making
14th Special Story Time and Holiday Finger Puppets
21st Crafty Cross-Stitching
28th New Year Noise Makers



Bring your kids and have some fun!

Family Night in the Library Schedule:

November through December

As of this past October, our Family Night program is back in action. We will be showing films, hosting guest speakers and presentations, as well as celebrating family time with craft and game nights. These events will take place in the library and are open to all community members!

Upcoming Events

Tuesday, November 5th, 5:30pm – 7:00pm:

Guest Speaker Ryan Dreveskracht to discuss
Indian Voting Rights

Tuesday, November 19th, 5:30pm – 7:00pm:

Film Screenings – *Cry Rock* and
Fry Bread Babes

Tuesday, December 3rd, 5:30pm – 7:00pm:

Crafting with Family – Homemade gift-wrap,
cards, and gingerbread houses

Tuesday, December 17th, 5:30pm – 7:00pm:

Film Screening – *Christmas in the Clouds*,
starring Graham Greene



You Can Help Your Family Lower Their Cholesterol

When you go to the clinic and get your cholesterol level checked, your health care provider will talk to you about your cholesterol numbers and what they mean.

The reason these numbers are important is because having cholesterol in target ranges means you have less risk for heart disease.

But no matter what the numbers are, you can improve you and your family's overall health, and reduce everyone's risk for heart disease. As a family, start doing these four things:

1. Walk at least 30 minutes, five days a week.
2. Eat foods high in fiber like beans, broccoli, apples, and whole grains like oatmeal.
3. Eat fewer high-fat foods.
4. Stop smoking, or if you don't smoke, don't start.

Call your health care provider today to get your cholesterol level checked. Make the four steps listed above parts of your family's healthy lifestyle.



Basic Bean Soup Recipe

Ingredients:

- 3 tablespoons olive or Canola oil
- 1 medium onion, chopped
- 1 tablespoon ground cumin
- 2 - 3 cloves garlic, diced
- 2 (14 1/2 ounce) cans black beans, rinsed
- 2 cups chicken or vegetable broth
- salt and pepper
- 1 small red onion, chopped fine
- 1/4 cup cilantro, chopped

Directions:

1. In a large pot, sauté onion in oil until cooked.
2. Add cumin.
3. Cook 30 seconds, then add garlic and cook for another 30 to 60 seconds.
4. Add the black beans and vegetable broth.
5. Bring to a simmer, stirring occasionally.
6. Add salt and pepper to taste.
7. Serve with garnish of red onion and cilantro

You can add carrots, celery and squash to make this an even healthier dish! In step 1, sauté cube-sized vegetables with the onion, then continue with the rest of the steps.



Produced by the IHS
Division of Diabetes
Treatment and Prevention,
www.diabetes.ihs.gov



SAVE THE DATE
ELDERS PROGRAM CHRISTMAS BAZAAR
FRIDAY, DECEMBER 6TH
 9:00AM – 4:30PM
AT YOUTH COMMUNITY CENTER

Once again the Elders Program will host their annual Christmas bazaar.
 Last year's event brought more than thirty-five (35) vendors
 with lots of wonderful handcrafted items and delicious food.

We will try to bring even more this year. Advertisements will be placed
 in the The Olympian and Nisqually Valley News.
 Interested in setting up as a vendor?
 Contact Lorna Kalama after November 8th
 for registration forms and information.

Nisqually Elders menu (360)486-9546
Va & Titan, Cooks

menu subject to change

NOVEMBER 2013

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|-----|--|---|--|-----|
| | Crisp Green Salad & Milk Served Every Day, Wheat Bread as Needed. | | | | Oven Fried Chicken Oven Potatoes Veggie Blend Fresh Fruit | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | Beef Stroganoff Buttered Noodles Veggie Blend Jello/Fruit | | Pulled Pork Sandwich Wheat Buns Cole Slaw Fresh Fruit | Spaghetti Garlic Bread Fresh Fruit | Fried Salmon Baked Beans Potato Salad Roll/Fresh Fruit | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | CLOSED Veteran's Day | | Baked Turkey Stuffing Brussels Sprout Pumpkin Pie | Beef Stew with Dumplings Fresh Fruit | Tuna Casserole Roasted Veggies Wheat Roll Fresh Fruit | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | Meatloaf Mashed Potatoes Veggie Blend Jello/Fruit | | Shepherd's Pie Peas & Carrots Fresh Fruit | Bacon Scrambled Eggs Breakfast Potato Biscuit & Gravy Fresh Fruit | Beef Goulash Buttered Noodles String Beans Fresh Fruit | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | Yankee Pot Roast Mashed Potatoes Peas & Carrots Jello/Fruit | | Chicken Rice Casserole Asparagus Roll/Fresh Fruit | CLOSED Happy Thanksgiving | | |



Travel

The travel season for inter-tribal elders luncheons came to a close October 11 with the Squaxin Island Elders luncheon. Squaxin hosted a good time that included good food, karaoke and a fashion show. Inter-tribal luncheons will start up again next year in April.

Caregiver Support Program

On November 6th and 7th the program is hosting a caregiver conference at the Quinault Resort. The agenda will include topics educating caregivers on the importance of caring for themselves and provide the best care possible for their loved one. Contact Norine or Lorna for information.

If you are an unpaid caregiver of a Native American Elder or an Elder caring for grandchildren, Norine Wells would love to work with you! Norine is the Caregiver Support Specialist who provides support and assistance to unpaid caregivers. Caregivers do not have to be Native American.

Why a Caregiver Plan?

Caregiver strategies for getting started. The best work you can do as a Caregiver to take care of yourself is to put together a plan to care for your loved one. With work, children and care-giving commitments a Caregiver can start to feel pressure to juggle between all your responsibilities.

The amount of stress caused by juggling those responsibilities can affect a Caregiver's well-being, especially when providing long-term care. There are three basic steps to get started on building up a Caregiving Plan. Every family, regardless of their starting point, can benefit from these three steps.

Step 1: Talk

This first step can be the hardest to begin, that is talking with other family members. It is best to begin this process during a time of strength when you have the most emotional resilience to navigate family dynamics that emerge during the caregiving planning process.

This first step requires patience and persistence and allows families to plan, review and plan again if necessary. It is easier to carry these conversations with your family members or helpers before caregiving reaches a crisis mode.

STEP 2: Team Up

The second step is to build your care team. The best care teams consist of your family, close friends and a group of the highest quality professionals. Involving

your health care professionals is very important to make sure your loved one gets the best care available. Often a health care professional can give you a wealth of information specific to caring for your loved one. The stronger your team, the easier it will be to for you as a Caregiver to thrive during the caregiving journey.

STEP 3: Take Action

The final step is to take action. It takes time, effort and energy to educate yourself on the different aspects of caregiving. There are many elements to designing a care plan that works for your circumstance. As such, the time to start planning is now. Act on it.

This is a very complex issue, so do not hesitate to seek help from available resources in our community. There are many training's and support groups that provide insight into caregiving. Finding assistance can help build a strong foundation that can transform caregiving from a time of crisis to a time of coming together.

Don't Forget!

Zumba Golden: Mondays and Wednesdays from 11:00am to 11:50am. Ho'O leads elders in exercise.

Nutrition: Bernita is available every Wednesday from 9:00am – 4:00pm. Nutrition class at 1:00pm.

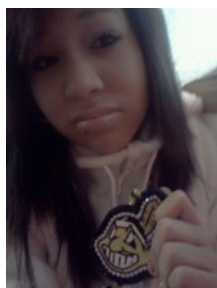
Foot Spa: Diabetic Foot Spa is the 4th Tuesday of every month. Appointments are scheduled from 9:00am -1:00pm. Call if you'd like to sign up.

Elders Program Contact Information:

Telephone (360)486-9546 Fax (360)459-4146
Rena Wells Zelma McCloud Lorna Kalama
Norine Wells Nicole Wells



Birthdays



Happy 16th Birthday
To my beautiful daughter
Cassandra LeSage aka "Cece"
November 20th 2013



November 26 Birthdays!
Happy Birthday to
Tammy Wells and Elizabeth
(Nurse from the Clinic)

HAPPY BIRTHDAY TO MY BABY BOY MICHAEL MCGEE! 11/14
LOTS OF LOVE SON AND I AM SO PROUD OF YOU! LOVE MOM



November 25th, Happy Birthday Shout out to Our Lil Bro Bro! Love the McDonald's
November 30th, Happy Birthday Tatiyana! Love the McDonald Family

Happy Belated Birthday on October 9th to Chay Squally. Happy 21st birthday sis love you and I hope your day was amazing. The sky is your limit, live it up gorgeous! Love always Andreyia

Happy Birthday to our Dad on November 12. We hope your day is great and filled with love. Love you lots! Love always your kids. Dolly, Lani, Chay, and Tandy and Grandkids Gracie, Ablaza, Josiah, and Yoh-Leenah.

Happy Birthday to my sister Kailani on November 13th. I love you so much and hope your day is truly blessed. I am so proud of you, keep pushing forward beautiful. Love always Andreyia



Happy Birthday To My Beautiful Daughters

Andreyia Dolly Squally – October 3rd AKA: Mustang Dolly
Chaynannah Mahealani Hyasman Squally – October 9th (Big 21st) AKA: Miss Gigglesnort
Kaiulani Pearl-Marie Squally – November 13th AKA: Lani Butt Butt

Love, Mom, Brother Bear, Miss Q & YOLO, JoJo, Meara & Doug, Justin, Marcus
By the way their dad gave them those nick names when they were little itty bitty!!!

🌸
HAPPY BIRTHDAY JULZ!
🌸

Happy 11th Birthday Maleah! Love Mom n Family!



Nisqually Indian Tribe
4820 She-Nah-Num Dr. SE
Olympia, WA 98513

